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Lt. Comm. Sheldon Gillis, left, embraces his daughter Ella, 8, after disembarking from the HMCS Toronto in Halifax. Gillis was not interviewed as part of the survey. JEFF HARPER/METRO

STUDY

HOME FRONT

Military dads feel like outsiders

metroNEWS

170 shelter beds for Vancouver

HOMELESSNESS

Province, city collaborate to open 50 spots more than 2014

Emily Jackson
Metro | Vancouver

There will be enough room for 170 people to escape Vancouver's elements and sleep in winter shelters this season, a number the city believes is enough even though the spring homeless count found nearly 500 people sleeping on the city's streets.

The province and the city announced Monday their joint efforts to provide winter shelter spaces at four locations across the city. B.C. will provide $1.5 million and the city $800,000 to operate the shelters from Dec. 1 to April 30, 2016.

It's a boost from last year when the city only opened about 120 extra beds during the cold, rainy season.

"Winter shelters save lives, and the City of Vancouver is continuing to take unprecedented action with our partners to secure housing for every person who faces homelessness on our streets," Mayor Gregor Robertson said in a statement.

The city's chief housing officer Mukhtar Latif told Metro the city increased its funding by a few hundred thousand dollars because of increased challenges in dealing with homelessness.

Despite the discouraging March homeless count results — there were an estimated 1,746 sheltered and unsheltered homeless in a year where the mayor promised to end street homelessness — Latif believes 170 beds will be enough this season. Long-term units are becoming available now that the former remand centre is completed and renovations are finished at some of B.C. Housing's single-room occupancy hotels, he said.

"We'll keep an eye on how things are going. For the moment, we believe 170 will help with the existing supply to help accommodate the people we see on the street," he said.

Raincity Housing and the Salvation Army will operate the shelters, which will provide residents with three meals a day and support services to help residents move into long-term housing. The shelters are located at 900 Pacific St., 1648 East 1st Ave., 119 East Cordova and 134 East Cordova.

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metro NEWS
Your essential daily news

Metro won't be publishing on Remembrance Day. We will return on Nov. 12

The Vancouver Park Board wants to hire consultants to help it create a new long-term master plan for the city's parks and recreation facilities. JENNIFER GAUTHIER/METRO

Master plan in works for parks

RECREATION

Comprehensive update board's first in 23 years

Emily Jackson
Metro | Vancouver

Out with the old and in with the consultants.

The Vancouver Park Board is seeking experienced consultants to help it dream up a new, long-term master plan for all of the city's parks and recreation facilities.

It's been 23 years since the park board last updated the master plan that governs the more than 230 public parks and 55 recreation facilities enjoyed by more than 600,000 residents and an unknown number of visitors from neighbouring municipalities and around the world.

And given a lot has changed since 1992 — the year the Blue Jays won their first World Series, Justin Trudeau was an 18-year-old camp counsellor and Vancouver councillors approved the design of the central library — the park board believes it's time for a plan that reflects a new reality, said research and planning manager Dave Hutch.

"Our demographics are changing, we're becoming an older city and trends in park use and recreation are changing as well," Hutch said Monday. "It will make sure we're investing in the right things in the right places in the city."

Fewer people play racquetball. Skateboarders have sanctioned city parks. Parkour exists. Baby boomers are more interested in walking instead of activities.

But more drastic is the change in where people live, given geography will shape where the park board focuses its resources, Hutch said.

He cited the 60,000 additional people living on the downtown peninsula and the explosion of growth along the Cambie corridor as examples.

> **"It will make sure we're investing in the right things in the right places in the city."**
> Dave Hutch

The park board wants to hire outside help because of the workload anticipated in refreshing the plan, which will involve significant consultation with the community, Hutch said.

It's also looking for experts that have experience planning parks and recreation in other major centres in North America or even around the world.

It's a competitive bid process, so Hutch could not reveal how much the park board hopes to pay these consultants, but there is $1.5 million set aside for planning in the park board's three-year capital plan.

It will take several months for the park board to select consultants.

If all goes well, it will start the anticipated 18-month master planning process by summer 2016.

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Military dads 'outsiders' in own homes: UVic study

DEPLOYMENT

Interviews reveal fathers miss out on milestones

Thandi Fletcher
Metro | Vancouver

Master Corporal Rob House is united on the pier with his daughters Olivia, 5, (left) and Lauren, 2, after nine months deployment in the Arabian Sea on HMCS Charlottetown. House was not interviewed as part of UVic PhD candidate Sean Larsen's study.
JEFF HARPER/METRO

Coming home to their families after lengthy deployments can make some military fathers feel like outsiders in their own homes.

That was the common theme uncovered by Sean Larsen, a University of Victoria PhD candidate in educational psychology, as part of a small study looking at military fathers and the emotional conflict they face being away from their families for long stretches of time.

"'Outsider' was a word that came up often," said Larsen, who also works as a child and family therapist in Rossland, B.C., describing his findings. "They felt that they missed out in a lot of ways, and that not being there for the important events in their kids' lives was actually a really big deal to them."

Although the impact of military service on spouses and children has been well researched, few studies have focused on how the soldiers themselves do during deployment.

After carrying out his research, Larsen said the findings were surprising.

He found that military fathers' emotional lives are much more complex than he expected based on previous research.

For the study, Larsen interviewed six Victoria, B.C.-based veterans — five navy and one army — at the end of their military careers, with an average of nearly 30 years of service. All of the men were actively involved in military service while their children were growing up.

One father described the feeling of returning home after deployment as "trying to jump on a merry-go-round that was already spinning," Larsen recounted his research subjects' description.

"It was like his family had been functioning without him the whole time and had their own routines," he said, "and here he was trying to dive back in and figure out where the forks and spoons were."

Before he would leave again, the father described how he would "emotionally check out" before deployment as a form of self-protection, recalled Larsen.

"He knew it would be hard to be away from his family so a couple of weeks before he'd leave, he'd start to … talk less at the dinner table or not go to his kids' sports games just so that it would be a bit easier," he said. "While he was away, he would just try to dive into work and keep himself busy the whole time so he wouldn't think about that."

Larsen said the study's findings underscore a need for more programs and resources to help military fathers and their families cope with periods of separation.

"Men's research is something that we're really lacking totally across the board in that the emotional lives of men is so difficult to explore," said Larsen. "I hope that hearing the stories of these fathers will help us … perhaps be more mindful of the role of fathers and how we can help men better fulfill all that they want to fulfill."

INVESTIGATION

RCMP looks into Newton shooting

Matt Kieltyka
Metro | Vancouver

Police in Surrey are investigating a brazen daytime shooting between two vehicles on Sunday afternoon.

Witnesses called Surrey RCMP at 2:35 p.m. to report that a vehicle was being shot at by the occupants of another while stopped at the intersection of 72 Avenue and 124 Street in Newton.

A chase ensued and both vehicles were last seen speeding away from the scene, but not before the suspect's vehicle collided with two other cars on the road.

The damage to the bystander's vehicles was minor and no one was injured, police say.

Investigators found shell casing at the scene and continue to investigate.

They say one of the vehicles is described as a dark-coloured SUV with an Alberta license plate of K80469. The second vehicle is described only as a dark-coloured Honda. Anyone with information on the shooting is asked to contact Surrey RCMP.

IN BRIEF

Man critically injured after being assaulted

Three people are in custody after an assault left a man critically injured in Surrey. RCMP say several people reported hearing screams and two groups fighting on the street at about 3 a.m. Monday. Police believe the fight may have involved an ongoing dispute between the two groups. THE CANADIAN PRESS

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Complaint brews against coffee titan

TIM HORTONS

Workers claim they were discriminated against

Canadian coffee giant Tim Hortons and franchise operators in two British Columbia communities have lost their bids to toss out separate human-rights complaints lodged by the United Steelworkers Union and Mexican workers.

In decisions posted online, the B.C. Human Rights Tribunal ruled recently that the complaint by the union on behalf of Filipino workers in Fernie, B.C., and parts of a separate complaint by Mexican workers in Dawson Creek, B.C., will proceed to hearings.

The complainants, employed under the Temporary Foreign Workers Program, argued they were discriminated against because of their race, ancestry and place of origin.

The union alleged the Filipino workers were denied overtime premiums, given less-desirable shifts and threatened with being returned home.

The Mexican workers alleged they were subjected to inferior working conditions, racist and derogatory comments and forced to live in sub-standard living conditions.

None of the allegations has been proven.

Named as respondents were Tim Hortons Inc.; TDL Group Corp., a subsidiary that oversees restaurant operations; Fernie franchisees Pierre Pelletier and Kristin Hovind-Pelletier; and Dawson Creek franchisee Tony Van Den Bosch.

Tribunal member Walter Rilkoff threw out an application by the company and the Fernie franchisees to dismiss the complaint.

"I am not prepared to exercise my discretion to dismiss the complaint without a hearing," he wrote in his Nov. 5 ruling.

On Nov. 6, tribunal member Catherine McCreary dismissed the Dawson Creek complaint against Tim Hortons Inc. and the part of the complaint against TDL Group that focused specifically on discrimination against residential tenants.

But she ruled the complaint against TDL Group under Section 13 of the Human Rights Code, which deals with discrimination in employment, would proceed to hearing as will the entire complaint against the franchisee.

THE CANADIAN PRESS

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Then-Industry Minister James Moore speaks at a news conference in Toronto in March. FRANK GUNN/THE CANADIAN PRESS FILE

APPOINTMENT

Ex-minister joins global law firm

Former federal industry minister and British Columbia MP James Moore has landed a new job.

He has joined Dentons, an international law firm with offices across North America, Europe, the Middle East, Africa and the Asia-Pacific.

A statement from the firm says Moore will be based in its Vancouver office as senior business adviser and will provide advice to clients across Canada and around the globe.

Moore was first elected as a suburban Vancouver Conservative MP in 2000 and stepped down in June in order to spend more time with his two-year-old son, who has a serious medical condition.

When Moore announced his retirement, the fluently bilingual 39-year-old did not rule out a return to politics and he has long been rumoured to have leadership aspirations.

Dentons Canada CEO Chris Pinnington says Moore's broad experience will enable the firm to provide counsel in areas that intersect business, law and public policy. THE CANADIAN PRESS

IN BRIEF

Man dies in crash during heavy rain on Highway 9

A man from Agassiz has been identified as the victim of a single-vehicle crash on Highway 9 in the Fraser Valley community. RCMP say a 2007 Dodge Charger left the highway, struck a lamp standard and came to a stop in a treed area. The 25-year-old driver whose name hasn't been released was pronounced dead at the scene. Police say it was raining heavily at the time on Friday and roads were slippery.

THE CANADIAN PRESS

Deadline looms in class-action lawsuit

The February deadline is nearing for First Nations across Canada to join a class-action lawsuit seeking compensation for aboriginal students who attended a residential school but did not live there.

The suit hopes to clarify Canada's role in the failure to protect aboriginal language and culture, and seeks compensation for the children of survivors and the bands representing survivors.

THE CANADIAN PRESS

HIGH WATER CITY PREPARES FOR KING TIDES Runners pass by sandbags at Locarno Beach on Dec. 9, 2014. City of Vancouver workers started placing sandbags along Locarno Beach on Monday in preparation for the semi-annual king tides, extremely high tides that can cause damage and flooding in low areas. Vancouverites can expect king tides to arrive as early as next week, according to the city. The federal government's seven-day tide forecast predicts tides will reach 4.6 metres by Sunday. Both the city and the province warn that king tides give citizens a peek at what ocean levels could look like in the future due to climate change. EMILY JACKSON/METRO FILE PHOTO

B.C. Housing stops counting homeless shelter turn-aways

STATISTICS

Data needed for informed decisions: MLA, mayor

Emily Jackson
Metro | Vancouver

British Columbia has stopped tracking how many people are turned away from homeless shelters and why they weren't given a bed, a move that's prompted criticism from homelessness advocates including Vancouver's mayor.

NDP MLA David Eby discovered the province discontinued data collection in November 2014 in a Freedom of Information request to B.C. Housing.

The province said it stopped collected turn-away data because it does not accurately capture shelter occupancy and homelessness rates, according to an emailed statement from B.C. Housing on Monday.

In a letter to Eby, B.C. Housing CEO elaborated that a turn-away doesn't necessarily mean a shelter is full (a man trying to enter a woman's shelter could be turned away, for instance) and that the system counts instances instead of people (a person rejected from one shelter could be accepted elsewhere). But Eby accused the government of not collecting data because it would be embarrassing for politicians if the public saw how many people were turned away.

> **We have a huge challenge with homelessness and that data is crucial to informing how we help our most vulnerable citizens.**
> Greg Robertson

"Simply because you delete the statistics doesn't mean you delete the problem," he said.

The data isn't perfect, Eby acknowledged, but that doesn't mean it doesn't help decision makers track trends such as which facilities are busiest.

"This is an increasingly problematic housing market for everybody, for people who are homeless, for renters, for people trying to buy houses. And yet the government is not responding with more data collection, but cancelling existing gathering of statistics," he said.

Vancouver Mayor Gregor Robertson echoed Eby's concerns and called the move a "step backwards" in an emailed statement from his deputy chief of staff.

"It's very disappointing to hear the B.C. government no longer tracks the number of people being turned away from homeless shelters. We have a huge challenge with homelessness and that data is crucial to informing how we help our most vulnerable citizens," Robertson said.

B.C. Housing still requires shelters to track occupancy rates and nights full.

It previously tracked rejections and reasons why, including inappropriate behaviour, no carts allowed, no pets allowed, no minors allowed or if the shelter was inaccessible for a person with a disability.

No one from B.C. Housing was available for further comment.

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Rusty Johnson's burger was named world champion on Sunday at the World Food Championship in Kissimmee, Florida. CONTRIBUTED

Local man world's top burgermeister

FOOD

Rusty Johnson now moves on to compete for the grand prize

Matt Kieltyka
Metro | Vancouver

Hail to the (burger) king, baby.

The fast food jokes are already getting stale, but Port Moody's Rusty Johnson doesn't mind.

On Sunday, Johnson was crowned the world burger champion at the World Food Championships in Kissimmee, Fla., and awarded $10,000 for blowing away an international field of chefs, cooks and pit-masters with inspired hamburgers that are several cuts above those you'd find on any dollar menu.

The Shaw network technician — who moonlights as a BBQ competition cook and sometimes caterer — combined showstoppers like porchetta, pork cracklings, panko-battered goat cheese balls with homemade truffle jams and gremolata in his burgers to beat more than 40 contenders over three rounds of cooking.

The world champion title is nice, but Johnson told Metro it was the quality of the end product that was most gratifying to him.

"It's more about the process than the title, for me," he said. "Everything you make is from scratch. You have one hour; it's very quick, and you do it all in a kitchen coliseum. I had a really good burger (in the final round). It did really well. It's a good feeling when you put everything you have into something, see how hard you worked and see the result."

$10,000

The prize money awarded to Vancouver resident Rusty Johnson for beating the competition to become the world burger champion.

Johnson doesn't have much time to revel in his victory, though.

As the champion in the burger category, the British Columbian will be competing against the winners of other categories (barbecue, chili, sandwich, recipe, bacon, dessert, pasta and seafood) at the World Food Championships on Tuesday for a best-in-show grand prize of US$100,000.

PACIFIC NORTHWEST

Supporters join First Nations in fight against LNG plant

A battle against a liquefied natural gas plant proposed for an environmentally sensitive region near Prince Rupert, B.C., is gathering powerful support.

Lax Kw'alaams Hereditary Chief Donnie Wesley's letter opposing the Pacific Northwest LNG plant has been signed by more than 70 First Nations, scientists, unions, businesses, university and faith groups.

Wesley's letter urges Prime Minister Justin Trudeau and his environment minister to reject the plant proposed for Lelu Island and Flora Bank, an area environmentalists say is vital to the Skeena River salmon run, the second largest run in Canada.

There's concern the plant will irreparably harm salmon returning to spawn, and also destroy the sea grasses on Flora Bank that shelter salmon smolts heading back to the ocean.

A spokesman with the T. Buck Suzuki Environmental Foundation says of all the thousands of miles of coastline, Pacific Northwest chose the one location most critical for Skeena salmon.

The Canadian Environmental Assessment Agency decision is expected within months and critics say it is the final regulatory hurdle the project must overcome before proceeding.

THE CANADIAN PRESS

Remembrance Day services across Metro Vancouver

NOV. 11

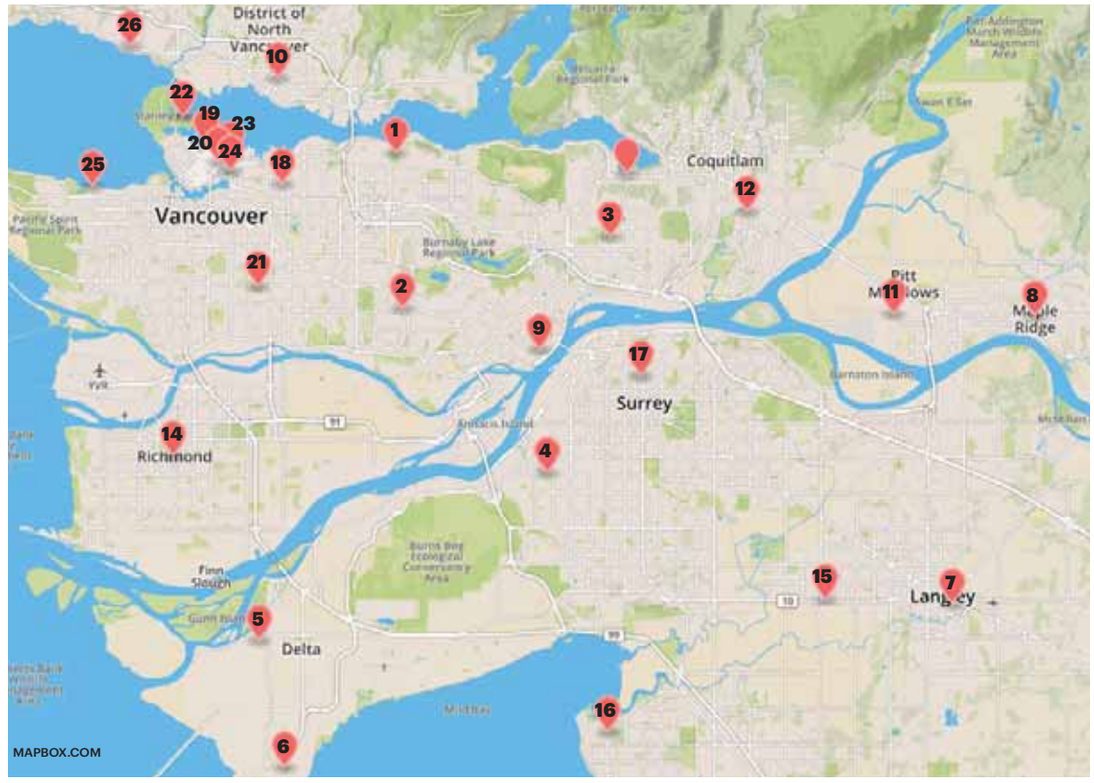
Thousands expected to pay tribute to fallen soldiers

Thandi Fletcher
Metro | Vancouver

Bugles and bagpipes will ring out through Metro Vancouver on Wednesday as thousands gather to pay tribute to soldiers who paid the ultimate price for freedom.

In Vancouver, the city is hosting a cauldron-lighting ceremony at Jack Poole Plaza starting 8 a.m., during which a senior veteran will be handing over Canada's flag to a member of the next generation of veterans to symbolize the loyalty of future Canadians continuing to pay their respects to fallen soldiers.

Here is a guide to 26 ceremonies across the region:



1. Burnaby North
Confederation Park Cenotaph. 10:45 a.m. Parade begins at 10:45 a.m. at the Safeway Parking lot, 4440 Hastings St.

2. Burnaby South
Bonsor Park Cenotaph, Imperial Street and Nelson Avenue. 10:30 a.m.

3. Coquitlam
Cenotaph at Blue Mountain Park, 975 King Albert Ave. 10:30 a.m. Parade begins at 9:30 a.m. at Como Lake Middle School

4. Delta (North)
North Delta Social Heart Plaza at 11415 84th Ave. 10:30 a.m.

5. Delta (South-Ladner)
Cenotaph at Ladner Memorial Park, 5010 47 Ave. 10:45 a.m. Parade starts at 10:15 am at the Legion at 4896 Delta St.

6. Delta (Tsawwassen)
Century Square - #22 - 1835 56th Street 1:30 p.m.

7. Langley
Cenotaph in Douglas Park at Douglas Crescent and 206th Street. 11 a.m. Parade begins at 10:25 a.m. at the Langley Legion at 20570 56th Ave.

8. Maple Ridge
Cenotaph in Memorial Peace Park, 224 Street between Lougheed Highway and Dewdney Trunk Road. 10:30 a.m. Parade begins at the Legion Building on 224 Street.

9. New Westminster
Cenotaph at City Hall, 511 Royal Avenue. 11 a.m. Ceremonies at 9:30 a.m. at the Armouries followed by a parade to city hall.

10. North Vancouver
Victoria Park Cenotaph in the 100-block of East Keith Road and Lonsdale Avenue. 10:30 a.m.

11. Pitt Meadows
Cenotaph at Spirit Square at 12007 Harris Road 10:30 a.m.

12. Port Coquitlam
Cenotaph at Veterans Park 10:55 a.m.

13. Port Moody
Port Moody Legion at 2513 Clarke St. Service starts at 10 a.m., parade at 10:30 a.m. and cenotaph ceremony at 11 a.m.

14. Richmond
City Hall, 6911 No 3 Rd. 10 a.m.

15. Surrey/Cloverdale
Cloverdale Cenotaph at the Surrey Museum, 17710 56A Ave. 9:30 a.m.

16. Surrey/Crescent Beach
Legion Hall, 2643 128th St. 10:30 a.m.

17. Surrey/Whalley
Whalley Legion, 13525 106 Ave. 10 a.m. March to the Cenotaph starts at 10:25 a.m.

18. Commercial/Grandview
Grandview Park at Charles Street and Commercial Drive. 10:45 a.m.

19. Jack Poole Plaza
Olympic Cauldron at Vancouver Convention Centre. 8 a.m.

20. Victory Square
Cenotaph at Victory Square on West Hastings Street. 10 a.m.

21. South Memorial Park
41st Avenue and Windsor Street. 10:30 a.m.

22. Japanese Canadian War Memorial
Japanese Canadian Cenotaph in Stanley Park. 10:40 a.m.

23. Crab Park
Crab Park, 149 E Waterfront Rd. 10:30 a.m.

24. Chinatown Memorial
Keefer and Columbia streets. 12:30 p.m.

25. Royal Yacht Club in Mill Park
Royal Vancouver Yacht Club, 3811 Point Grey Rd. 11 a.m. Ceremony can be viewed by the public at Hastings Mill Park.

26. West Vancouver
Memorial Arch in Memorial Park on Marine Drive at 20th Street. 10:30 a.m.

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Death prompts review of placing foster kids in hotels

CHILDREN IN CARE

Hotels no place for vulnerable kids: Child and youth rep

The death of a young man after a fall from a fourth-floor hotel window has prompted a joint review by the watchdog for British Columbia's children and the provincial government into the placement of foster kids in hotels.

Eighteen-year-old Alex Gervais was in government care when he was found dead outside of an Abbotsford, B.C., hotel in September in what is believed to have been a suicide.

B.C.'s Representative for Children and Youth Mary Ellen Turpel-Lafond said Monday that hotel rooms don't make suitable homes for vulnerable kids in government care and should only be considered as short-term housing options in emergency situations.

Turpel-Lafond said she expected the review between her office and the Children and Family Development Ministry to produce a public report that outlines a strict and limited hotel-use policy.

"My view, particularly as representative, is we should eliminate the use of hotels for placements, meaning places where children will live," she said.

Gervais's death prompted an outcry in the legislature and among aboriginal and social welfare agencies critical of government policy that sent the teen to a hotel with minimal supervision. The teen had been living at the hotel for about two months after the government group home where he was living was closed.

> **We have to see some action come out of this, not just another review.**
> Doug Donaldson

Children's Minister Stephanie Cadieux originally said children in care only end up in hotels in cases of extreme circumstances. She said ministry notification is required, and only later said ministry officials were not told about the teen's placement in the hotel.

Cadieux, who was not immediately available for comment Monday, said in a statement that the policy review will examine the use of hotels as placements for children in care. It will include information about the demographics of the children, the reasons behind hotel placements and the potential risks associated with hotel stays.

Opposition New Democrat children and family development critic Doug Donaldson said social workers were not visiting Gervais every day, and it appeared it was often several days between visits to check on the young man's welfare.

"We have to see some action come out of this, not just another review."

THE CANADIAN PRESS

2 months

The amount of time 18-year-old Alex Gervais was housed in a hotel room in Abbotsford before he was found outside his fourth-floor window in an apparent suicide. THE CANADIAN PRESS

Alex Gervais was found dead outside an Abbotsford hotel in September. FACEBOOK

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‘We need to get this right’

HIGHWAY OF TEARS

Missing-women groups urge caution before inquiry

A segment of the Yellowhead, Highway 16, is called the Highway of Tears by advocates for the young aboriginal women who have disappeared there. JONATHAN HAYWARD/THE CANADIAN PRESS

The new government should tread carefully to lay the proper groundwork for an inquiry into missing and murdered aboriginal women, says a coalition of First Nations and advocacy organizations.

The group wants pre-inquiry consultation with the families of missing and murdered women and related community groups and have them included in establishing the inquiry’s terms of reference and its process for selecting commissioners. It also wants the government to pay legal costs for family members who wish to be involved.

“We firmly believe that indigenous women’s leadership is critical,” said Fay Blaney, co-chairwoman of the Women’s Memorial March Committee.

“We need indigenous women to be central to the substance and the process of this inquiry. This is about our lives and our safety,” she told a news conference Monday.

The coalition, which consists of more than two dozen groups and individuals, said the province’s own missing-women inquiry, which wrapped up in 2012, failed on several counts.

They say the inquiry led by former B.C. Appeal Court judge Wally Oppal should serve as a cautionary tale.

The coalition came together after various organizations were shut out of that inquiry looking into the actions of police and serial killer Robert Pickton after the DNA of 33 women were found on his pig farm.

Members have continued to meet to pursue justice for murdered and missing women.

Kendra Milne, a spokeswoman for the Vancouver-based women’s legal advocacy organization West Coast LEAF, denounced the scope of B.C.’s probe as too narrow.

She said the inquiry focused only on the criminal aspect of violence after it had already occurred instead of looking at how to prevent it in the first place.

“Take lessons from B.C.’s failures,” Milne advised the new Trudeau government. “Take great care not to repeat these mistakes.”

Key on the list of failures is the still-outstanding recommendation to introduce a shuttle-bus service along the so-called Highway of Tears, a northern B.C. stretch of road known for the disappearances of mostly indigenous women.

B.C. Transportation Minister Todd Stone has said consultation with communities along the route revealed the bus plan was impractical. But the Opposition NDP said new documents contradict Stone and highlight concerns from local officials who support a transportation option.

Revelations from the province’s privacy commissioner that government officials allegedly destroyed documents for a freedom-of-information request about the Highway of Tears have also strained relations with First Nations, said group member Lorelei Wilson.

“The coalition is absolutely appalled,” she said, referring to deleted emails.

A whistleblower revealed that his Transportation Ministry supervisor instructed him to delete emails that were flagged as relevant to the request.

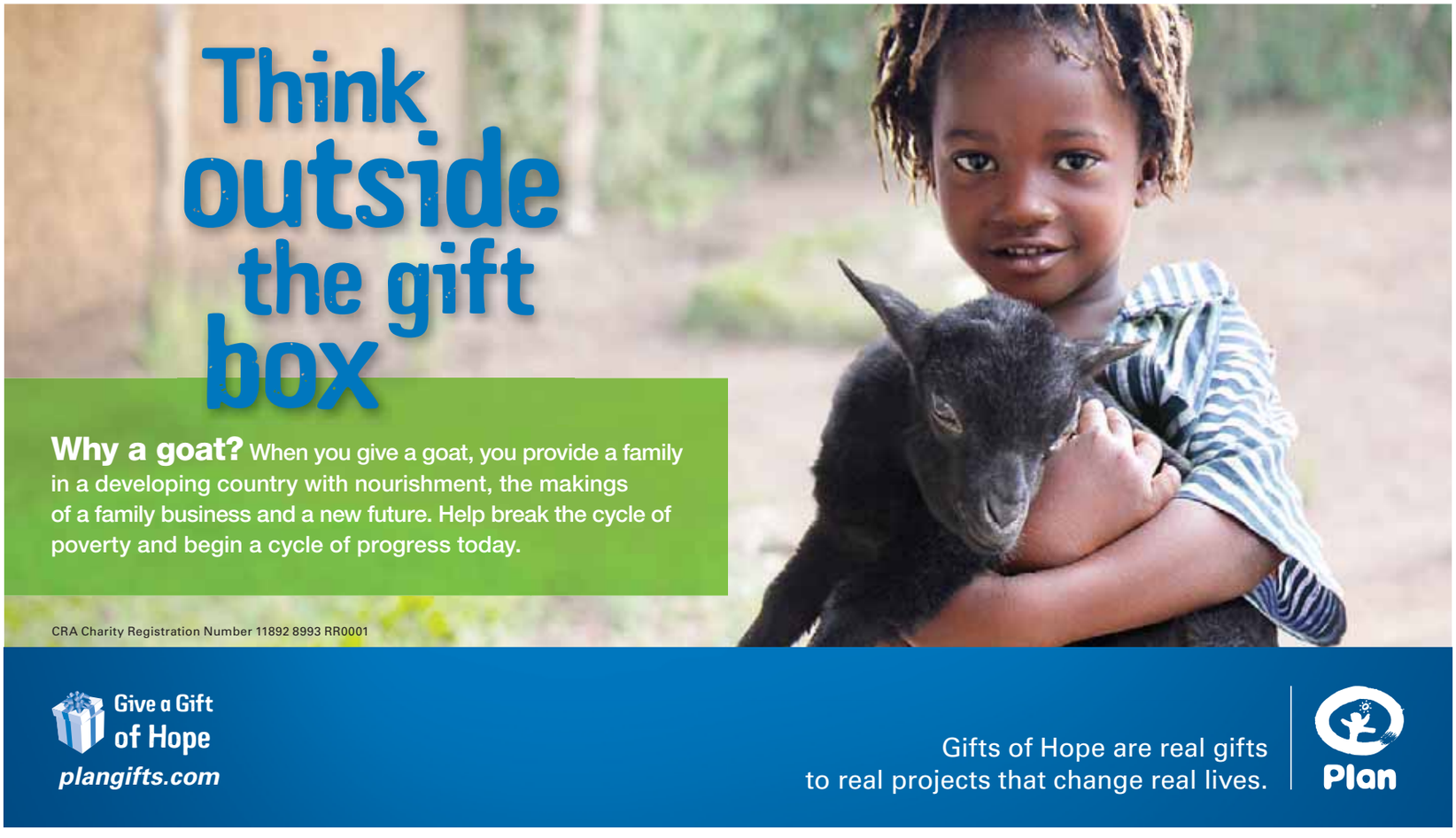
Grand Chief Stewart Phillip, of the Union of B.C. Indian Chiefs, rejected what he described as the provincial government’s “arrogant attitude” and its suggestion that the proposal of a shuttle-bus service doesn’t deserve further attention.

“It’s one of the most disgraceful abuses of human rights of the indigenous peoples of this country and we need to get this right,” he said of a federal inquiry.

“It would appear after a long dark night that the sun has indeed risen in the East.”

The Conservative government long opposed the plan for an inquiry, saying there had been enough studies and that it was now time for action.

Following the party’s defeat in last month’s election, newly chosen interim Conservative Leader Rona Ambrose announced the Tories would support an inquiry. THE CANADIAN PRESS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66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping $5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

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Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

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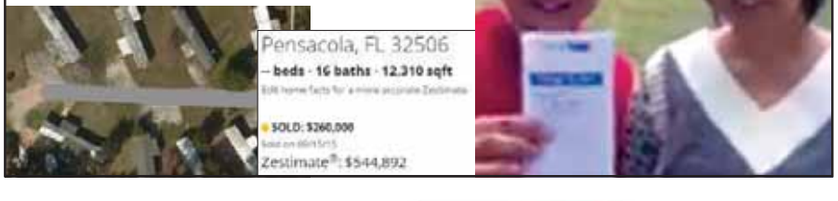

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MONTREAL

McKenna gives OK to dump city sewage

Environment Minister Catherine McKenna has green-lighted Montreal's plan to discharge eight billion litres of untreated sewage into the St. Lawrence River if certain conditions are met.

McKenna told reporters from Paris today she's asking the city to implement several measures before dumping the waste water such as monitoring the discharge and to improve emergency-planning clean-up measures.

She says the discharge can begin as soon as the conditions are met and must be completed by Dec. 5.

Montreal Mayor Denis Coderre has said the dump is necessary because the city must temporarily close a large sewer that feeds sewage to a treatment facility and alternative solutions would be too costly.

In mid-October, the discharge plan was suspended by the previous Conservative government, which appointed an independent panel of experts to determine if the waste water would be acutely toxic.

The panel's report was released Friday and stated the risks of waiting were greater than the city's plan to dump the sewage immediately into the river. THE CANADIAN PRESS

PARIS SUMMIT

Catherine McKenna is in Paris meeting with fellow ministers from around the world.

They're looking for common ground on key issues to set the stage for the climate summit that begins in the French capital on Nov. 30.

MIGRATION

Air Canada offers to help Syrian refugees

Plans to resettle 25,000 Syrian refugees by year's end could involve assistance from commercial air carriers, at least one of which has already offered space on its planes to the Liberal government.

Air Canada reached out to the new government following the election, offering its services to help ferry people to Canada as they flee the ongoing civil war and other unrest in Syria.

Though the airline can't fly directly into Syria itself, it could land planes in Istanbul as well as Beirut; an estimated 1 million people in Lebanon have registered with the United Nations as refugees from the conflict.

> **Every option is on the table.**
> Immigration Minister John McCallum on moving refugees safely and quickly

"Air Canada has offered to co-operate with the federal government to the fullest extent possible in any operation to transport Syrian refugees," spokesman Peter Fitzpatrick said in an email. "At this point, however, we have only exchanged preliminary information." THE CANADIAN PRESS

IN BRIEF

Liberals jump at chance to grab some quick cash

What do you do when a newly elected prime minister's quip grabs international attention? Put it on a T-shirt and make some money out of it, of course.

The Liberals are doing just that with Justin Trudeau's "Because it's 2015" comment in reference to choosing a gender-balanced cabinet. The shirts, emblazoned with the words "50/50: Because it's 2015 – PMJT" are being offered to supporters who donate a minimum of $100 to the Liberal Party within the next two days. METRO

Stephen Harper accepts ride to Calgary in VIP jet

He pulled up for the first meeting of the Opposition Conservative caucus in a basic minivan, but Stephen Harper flew home in style.

The Canadian Press has learned that thanks to an offer by Prime Minister Justin Trudeau, Harper returned to Calgary last week aboard a government-owned VIP Challenger jet. Previous Liberal governments' use of the luxury planes was among the things Harper used to needle them about when he was Opposition leader. THE CANADIAN PRESS

A woman photographs thousands of Canadian flags placed in honour of Remembrance Day in Toronto on Monday. A Historica Canada poll has found that more than 77 per cent of respondents say they will observe two minutes of silence at 11 a.m. on Nov. 11. NATHAN DENETTE/THE CANADIAN PRESS

Poll shows split opinion on younger generation

REMEMBRANCE DAY

Demographic regarded as less appreciative of war veterans

Canadians overwhelmingly find Remembrance Day as relevant today as when it began nearly a century ago but are split on whether younger generations properly appreciate and honour the country's veterans, according to a new survey released days before the ceremony.

The poll commissioned by Historica Canada found that 82 per cent of Canadians believe the annual tribute is as important now as it was shortly after the First World War.

Only slightly more than half (54 per cent), however, feel today's youth "do a good job" of honouring veterans, and slightly fewer than half (46 per cent) think young people understand the sacrifices of those who have died in conflict.

Even those under 35 are torn, with only 54 per cent saying young people recognize veterans' sacrifices — in itself a sign of engagement, Historica Canada's president said.

"When the answer among youth themselves is split as to whether they sufficiently care or not, if you're saying, 'Yeah, I don't actually know if I care as much as I should,' in effect you're really saying, 'I do care because I've taken the trouble to think about that,'" Anthony Wilson-Smith said.

Overall, the importance Canadians attribute to the Nov. 11 commemoration has risen slightly in the decade that Historica Canada has been polling on the topic, Wilson-Smith said.

Support for making Remembrance Day a national holiday has remained steady since 2012 at 85 per cent. While it is currently a federal statutory holiday, only six provinces deem it a day off. THE CANADIAN PRESS

79%

The percentage of respondents who said they will wear the traditional poppy to mark Remembrance Day.

91%

The percentage of respondents who believe Canada should do more to honour its veterans.

RBC

Youth optimism on steady decline: Survey

Jessica Smith Cross
Metro | Toronto

Right around the time teens hit adulthood, their outlook on their future becomes considerably less rosy, a major Canadian bank has found in a new survey.

RBC commissioned an in-depth survey on the optimism of youth, released Tuesday, that found the numbers of 18- to 21-year-olds who say they're happy, have a positive outlook on life and are excited about their future are 15 to 25 per cent lower than teens aged 14 to 17.

Lauren Friese, founder of TalentEgg, a service that connects youth with jobs, collaborated with RBC on the survey.

The survey indicates that the optimism of youth falls off significantly when those youth — told all their lives to follow their passion in their careers — discover that might not be easy or even possible, she said.

"There's a big group of people in school today being told it's important to find meaning in their work and follow their passion. It's putting all these expectations on them, but every story in the media and every statistic tells them, 'It's going to be hard for you; it's going to be harder than previous generations for you,'" she said. "When you get to the workplace, expectations and realities are not in line."

Friese's advice is to help young people try out different career paths in internships and extracurricular activities until they discover what both makes them happy and is feasible.

HAPPINESS

Adulthood vs. adolescence

The Ipsos Reid survey, commissioned by RBC, showed declines in the percentages of 18- to 21-year-olds who said they were happy, compared to 14- to 17-year-olds. Happiness was down 26 points for males (to 59 per cent) and down 16 points for females (to 66 per cent).

2015 RBC YOUTH OPTIMISM STUDY

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MYANMAR

Suu Kyi's party claims victory

The party of opposition leader Aung San Suu Kyi claimed victory Monday in virtually every seat in four states where results of Myanmar's historic parliamentary election were known, signalling a sweep that could give it the presidency and further loosen the military's stranglehold.

The announcement at the headquarters of the National League for Democracy (NLD) in Yangon set off new jubilation among the party's supporters, who already had been celebrating the result of Sunday's vote.

The NLD said it had won 44 of the 45 lower-house seats and all 12 of the upper-house seats from the party stronghold of Yangon, Myanmar's biggest city. It also won all 38 seats in Ayeyarwaddy state, all but one of the 40 in Bago and 11 out of 19 lower-house seats and all 10 upper-house seats in Mon state. THE ASSOCIATED PRESS

Leader Aung San Suu Kyi. THE ASSOCIATED PRESS

JORDAN

Police officer opens fire at compound, kills five

A Jordanian police officer opened fire Monday at a regional police training centre in the Jordanian capital of Amman, killing two Americans, two Jordanians and a South African before being shot dead, the Jordanian government spokesman said. The attack also wounded seven people. The spokesman said authorities are investigating the motive behind the attack. THE ASSOCIATED PRESS

EGYPT

Tourists flee amid security concerns

Thousands of Russian vacationers were heading home from Egypt on Monday aboard special planes sent by Moscow, which has suspended all flights to Egypt amid security concerns in the aftermath of the Oct. 31 plane crash of a Russian airliner that killed all 224 people on board.

Other airliners from Britain and Western Europe also are arriving to bring their nationals home, after several countries and airlines last week suspended new flights to Egypt because of the security concerns as suspicions focused on the possibility that a bomb caused the Metrojet crash.

U.S. and British officials have cited intelligence reports as indicating that the Oct. 31 flight from the Sinai resort town of Sharm el-Sheikh to St. Petersburg was brought down by a bomb on board. THE ASSOCIATED PRESS

A girl watches a killer whale in a tank at SeaWorld in San Diego, Calif. The company's revenue has sunk since the 2013 release of the documentary Blackfish. THE ASSOCIATED PRESS FILE

SeaWorld to end its orca shows

UNITED STATES

San Diego park to focus on whales in their natural setting

SeaWorld will end its orca shows at its San Diego, Calif., park by 2017, its top executive said Monday, saying customers at the location have made it clear they prefer killer whales acting more naturally rather than doing tricks.

CEO Joel Manby told investors that the park — where the iconic shows of killer whales doing flips and other stunts debuted decades ago — will offer a different kind of orca experience focusing on the animal's natural setting and its behaviours, starting in 2017.

Animal-rights activists called the move a marketing gimmick and want the company to phase out holding whales in captivity at all.

"It's captivity that denies these far-ranging orcas everything that is natural and important to them," said Jared Goodman of People for the Ethical Treatment of Animals.

The Orlando, Fla.-based company has seen revenue drop since the 2013 release of the documentary Blackfish, which examined how orcas respond to captivity, particularly in the case of Tilikum, a killer whale that caused trainer Dawn Brancheau's 2010 death by pulling her into a pool at SeaWorld Orlando.

Attendance has dropped the most at its San Diego location, and the decision to end such shows would be limited for now to that park. Shows at its other parks, including in San Antonio and Orlando, will continue. THE ASSOCIATED PRESS

EXPANSION?

Tank plans may change

SeaWorld CEO Joel Manby also indicated to investors that the company may change its plans for a $100-million expansion of its tanks for its killer whales, which was endorsed by the California Coastal Commission last month on the condition it agree to stop breeding orcas, among other restrictions. THE ASSOCIATED PRESS

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Shell launches Alberta carbon capture project

CLIMATE CHANGE

Technology key to ensure oilsands stays in game: CEO

The Quest carbon capture and storage facility in Fort Saskatchewan, Alta, is designed to capture and store more than a million tonnes of CO2 each year. JASON FRANSON/THE CANADIAN PRESS

Ben van Beurden would be the first to admit carbon capture and storage (CCS) is not the most alluring technology to look at.

But the CEO of European energy giant Royal Dutch Shell Plc wants CCS — unsexy though it may be in the public's eye — to come as readily to mind when thinking about combating climate change as windmills would.

Van Beurden was among the dignitaries to crank a big yellow valve at Shell's oil processing complex in Fort Saskatchewan northeast of Edmonton last week, officially opening its $1.35-billion Quest project — helped by $745 million from the Alberta government and $120 million from Ottawa.

Quest — a dizzying labyrinth of tubes and pipes — is attached to Shell's Scotford upgrader, where oilsands bitumen from its mine some 500 kilometres north is transformed into refinery-ready crude.

The aim of the project is to capture a million tonnes of carbon dioxide annually that would otherwise escape — about a third of the upgrader's total emissions — and store it more than two kilometres underground.

As Shell sees it, CCS is crucial in ensuring the oilsands remain competitive in an increasingly climate-conscious world. Van Beurden said renewables have their place, but given the globe's population-growth trajectory in the coming decades, phasing out fossil fuels entirely is not realistic.

That's where CCS comes in, he said.

THE CANADIAN PRESS

ECONOMY

Canada's growth to slow: Think-tank

Canada's economic growth this year will slow to 1.2 per cent — about half of what it was last year — before gaining strength in the next two years, says a report released Monday by the Organization for Economic Co-operation and Development.

The Paris-based economic think-tank estimates Canada's gross domestic product, which grew by 2.4 per cent in 2014, won't get back to that level for at least two more years.

It's estimating Canada's 2016 economic growth at 2.0 per cent and 2.3 per cent for 2017.

The figures follow a pattern laid out by the Bank of Canada last month, with some variations. Canada's central bank said on Oct. 21 that its 2015 GDP estimate remained at 1.1 per cent, while it lowered the 2016 and 2017 estimates to 2.0 per cent and 2.5 per cent, respectively.

By comparison, the OECD estimates the United States will grow 2.4 per cent this year, 2.5 per cent in 2016 and 2.4 per cent in 2017 — outpacing most other G7 countries by a wide margin each year.

THE CANADIAN PRESS

market minute

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NATURAL GAS: $2.300 US (-7.1¢)
DOW JONES: 17,730.48 (-179.85)

IN BRIEF

Match.com going public

The owner of Tinder, Match.com and OkCupid hopes to raise $466.2 million US in an initial public offering. Match Group Inc. disclosed Monday that it will price its IPO of about 33.3 million shares between $12 US and $14 US per share.

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metro VIEWS
Your essential daily news
Tuesday, November 10, 2015

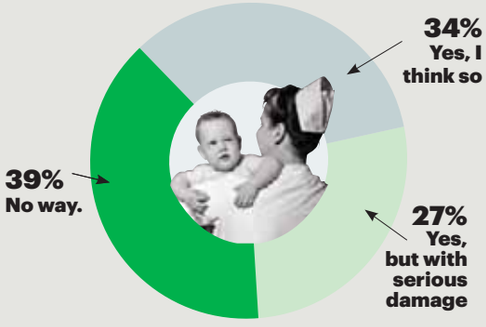
Metro POLL

Are you a medical miracle?

Visit metronews.ca every Friday to have your say.

Scientists in Nottingham, England have made a jaw-dropping discovery in an 1,100-year-old book: A recipe for a powerful antibiotic. The medieval brew, which researchers found to be effective in the lab against drug-resistant staph bacteria, was labelled "best medicine," in Old English and calls for onions, garlic, wine and bile from a bovine stomach, left to stew in a warm place for nine days. This miraculous outlier notwithstanding, most folk medicines, herbal remedies and home cures haven't been rigorously tested — but many people choose to use them anyways. We asked our readers: How important have antibiotics been in your life? And do you call the doctor right away when you're under the weather, or do you try your hand at brewing your own "best medicine" at home?

1 Would you be alive today if not for antibiotics? (Note: Before effective antibiotics, many common bacterial infections had mortality rates of 10-30 per cent).

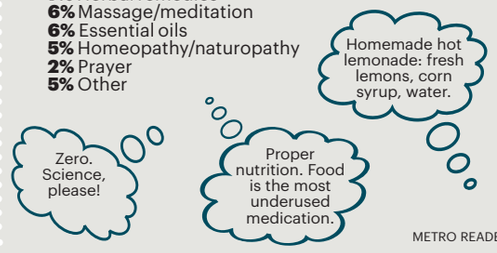


2 What do you do when you catch a cold, flu or bug?

41%
I only go to the doctor if I'm about to drop dead
7%
I go to the doctor within a day
52%
I try home remedies, then go to the doctor if I don't improve

3 Which home remedies do you rely on?

19% Rest and plenty of fluids
15% Tea with honey and lemon (for sore throat/cold/flu)
14% Salt-water gargle (for sore throat)
11% Ginger (for upset stomach)
10% Steam (for congestion)
7% Herbal remedies
6% Massage/meditation
6% Essential oils
5% Homeopathy/naturopathy
2% Prayer
5% Other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METRO READERS

Pointed fingers don't make for safer streets

YOUR RIDE
Karen Quinn Fung

Another November means the start of another statistical season of mortal peril for pedestrians. Nearly half of all crashes with pedestrians happen between November and February.

That means it's time for another pedestrian-safety campaign telling pedestrians to sacrifice fashion, comfort or anonymity in favour of being highly visible from at least 12 metres away.

Collisions and close calls both take a toll on everyone involved. Let's get serious about preventing them.

Suit up, we're told, lest we be unfortunate enough to somehow find ourselves between where a fast-moving vehicle already is and where it wants to be. Otherwise, we deserve scorn for not adequately protecting ourselves against cars innocently doing what they do. As if dangerous vehicles were as natural and inevitable a part of our landscape as a bear or cougar.

"No one can do more to reduce your risk of being hurt than you can," said RCMP Supt. Derek Cooke at the campaign launch event at the steps of city hall in late October.

As well-intentioned as these campaigns are, they are misguided. They overemphasize blame for pedestrian injuries and fatalities on the most vulnerable users of our streets — the ones who already have the most to lose in any differences of opinion about right of way.

We know from evidence in other parts of the world that have set targets for zero pedestrian fatalities that loss of life from vehicles is not inevitable. The Vision Zero Initiative, originating in Sweden, has at its core a handful of simple philosophies about thinking of crashes differently.

What works to prevent severe injury and loss of life matters more than whose fault crashes are. No road users will ever be 100 per cent compliant at all times, so let's focus our efforts on reducing the degree of harm we cause when we inevitably fall short.

If we know what works to save lives and keep people from getting hurt, we must put it into practice by changing our roads and everyday behaviours. Those responsible for the design of our roads must shoulder partial responsibility if they persist in keeping roads arranged in ways we know are unsafe.

Furthermore, for every person walking to work — those people make up roughly 12 per cent or one in seven of all trips for travel in Vancouver — there are six other people who probably walk from a transit station or their parking spot to their final destination.

Collisions and close calls take a toll on everyone involved. Let's get serious about preventing them, using something more effective than pointed fingers.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

ROSEMARY WESTWOOD

metroview

A nice, well-done, meaningful funeral is tremendously healing

"I often go out of respect," my mum says.

I've just called her on Skype, after going to the funeral of my boss's dad, a man I didn't know. My parents go to acquaintances' funerals a lot, seemingly out of a sense of community, so maybe I get it from them. But not too many other colleagues were there, and it made me wonder about that — about why we go, or don't go, to funerals.

I tell her the respect thing makes sense to me.

"It's so easy not to take the time, to say, 'Oh, my day's too busy, I don't want to do that. Oh, I've got to change out of my stinky dog-walking clothes,'" mum says. "It's taking the time. And I think that it's a recognition of God, really. He created us. Everything comes from Him. I want to be able to go, and show appreciation."

Life is just one step on the way to your eternal home, she says. "So I think it's very positive to acknowledge their work on Earth is done. How wonderful is that?"

"It's just sad for the family and friends that are left behind," she adds, then she drifts out of the Skype screen. "Hold on, I'm just giving the Steller's jays some nuts."

Every time I go to a funeral, I leave feeling like I've been directed towards things that matter again.

When she's back, I tell her funerals often make me feel good, in an odd way.

"A really nice, well-done, meaningful service is tremendously healing," she says. "Yes, you're sad that person is gone, but you leave with a sense of hope."

"Every time I go to a funeral, I leave feeling like I've been directed towards the things that matter again," I say.

"Mmm hmm."

"I originally said to someone that I feel like they're uplifting, and I think stand by that," I tell her, "because, funerals are always so full of love, I guess. People appreciating each other."

"Yes. And often time you're standing or sitting beside someone, you have no idea who they are, but you're there for the same reason. It's like going to the cenotaph, remembering and respecting the person's memory."

"Even if it wasn't someone you don't know. I didn't know my boss's dad."

Mum drifts away again, this time to let in the dog.

"It helps you centre your own life, your own mortality," she says when she reappears. "You never know — we're supposed to be joyful, we're supposed to be having fun — you never know when it's going to..."

"... to end."

"Mmm hmm."

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Billy Idol will be dancing with himself in Vegas during a spring residency

New insights into pedophilia

DOCUMENTARY

Czech film explores the role attitudes can play in treatment

Devon Scoble
For Metro | Canada

The phrase 'virtuous pedophile' may seem like an oxymoron, but it's the self-identifying term chosen by a group of men who have committed to never — ever — act on their sexual attraction to children.

According to Dr. James Cantor, senior scientist at Toronto's Centre for Addiction and Mental Health (CAMH) and associate professor of psychiatry at the University of Toronto, pedophilia is like a sexual orientation, inborn and immutable.

"One lesson is the distinction between child molesters, who are criminals that we have to deal with, and pedophiles who are just kind of born — through no fault of their own — with an attraction to children," says Cantor.

The film Daniel's World, which premieres in Canada this month, offers more insight from the perspective of the chaste pedophile. The documentary follows Daniel as he meets his sexologist and fellow pedophiles, seeking to understand and suppress his desires.

For Daniel, a young Czech writer grappling with his sexual identity, living an ethical life means forgoing erotic fulfilment and all hope of finding a suitable life partner.

"The most dangerous things are stereotypes," director Veronika Liskova tells Metro via Skype from the Jihlava International Documentary Film Festival. "I believe that if we know more about the real dangers, then our children can live their lives and we can better protect them."

For Cantor, that means Canada should follow Germany's lead and abolish therapists' mandatory reporting requirements so pedophiles can seek treatment without punishment.

"The only logical thing to do is to help these people live and work in society in a productive way. After 30 years of trying, writing them off as evil hasn't helped. If anything, it's made things worse," he says.

"Now instead of having pedophiles out in society and receiving whatever they need to take the edge off the problem and lead a law-abiding life — psychotherapy, sex drive medication, whatever it is — we have these pedophiles out in society completely unknown and completely unsupervised by anybody. It's absolutely ridiculous."

ANOTHER PERSPECTIVE

Story makes abuse survivor 'nervous'

Glori Meldrum is a sexual abuse survivor, and the founder of Little Warriors, a national charity committed to preventing and treating childhood sexual abuse.

"Everybody deserves to tell their story," she says, "but it also makes me a bit nervous. It's not like people monitor their every action — you can't prove they're not doing anything to kids. This film is like, 'He's got to live with all this stuff.' The other piece is people like me and the kids that we treat — you should see what we're living with."

DEVON SCOBLE/FOR METRO

Writing (pedophiles) off as evil hasn't helped. If anything, it's made things worse.
Dr. James Cantor, Toronto's Centre for Addiction and Mental Health (CAMH)

Daniel, left, and a fellow "chaste pedophile" in a scene from the Czech film Daniel's World. CONTRIBUTED

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She asked him to marry her

TREND

Women no longer waiting for man to pop the question

It's Valentine's Day 2015 and two bundled-up snowboarders are about to get engaged.

But the scene that unfolds isn't the typical guy-sweeps-girl-off-her-feet scenario. In fact, it's the opposite.

"What are you doing?!" asks a confused Kassey Dimaculangan as his girlfriend of one year stops him mid-run and gets down on both knees.

"I have to ask you an important question," says Anya Dai, giggling as snow flies in her face and she pulls a small box out of her snowsuit. "Will you marry me?"

While the "proposer" in heterosexual relationships is typically a role filled by men, it's increasingly women who are stepping up by getting down on one knee, say wedding industry pros. These women may have boldness in their blood, but some are also romantics who've grown up dreaming of elaborate male-initiated proposals or religious traditionalists who can't wait to marry in a church. They're the taboo breakers who ask their future in-laws for their partner's hand in marriage.

"I think women are just kind of like, 'Well, if I have equal rights in every other way, why do you get to decide when we get married?'" said Crystal Adair-Benning, owner of Distinct Occasions wedding planning in Toronto. "Women are getting ballsy and getting empowered and they want to propose."

Adair-Benning said she's seen a subtle increase in women proposing to men over her four years of engagement planning. Nearly 10 per cent of her engagement clients are women, but she suspects numbers are likely higher in real life.

Anya Dai and Kassey Dimaculangan on the day they got engaged. Dai proposed on the hill on Valentine's Day 2015. TORSTAR ARCHIVES

"Women, when they do it, it can either be more spontaneous — it just kind of comes out — or they put some thought into it and already know how they want to propose," she said, adding that men typically think women want romantic, grand proposals and women think men want low-key ones.

For Montrealer Natalia Kaplan, the idea to propose came suddenly. "I was just sitting in class and it just kind of hit me — I didn't want to wait for him to ask," she said.

Unfortunately for her, an excited email she sent to her friend revealing her plan a week later forced her into do or die mode — she'd accidentally cc'd her boyfriend. "I think I'm going to propose to Lex this summer. Oh man it makes me feel giddy and dizzy just writing it out," she wrote. "I mean I've always felt like we will get married at some point but it just kind of hit me the other day why not now, and why can't I ask?"

When he confronted her about it, she freaked out.

"After I calmed down, we sat on the couch … and I'm like, 'Yes, I want to marry you,'" the 25-year-old recalls. The two were married in June 2014.

Risk and reward

Proposals don't always elicit happy tears, warns Toronto psychologist and relationship expert Nicole McCance.

Possible female proposal-related risks include blindsiding a man who doesn't want to get married or sparking a certain "failure to launch" feeling in him for having de facto lost his chance to propose.

Women, too, have to be ready to forever give up the experience of being proposed to, brace for family and friends voicing antiquated viewpoints and prepare for the inevitable question: "Show me your ring!"

For Dai, the 23-year-old snowboarder who proposed on Valentine's Day, she was hit with some unexpected backlash. "(My boyfriend's parents) were like, 'No. That's not OK. Why would you do that?'" she recalls. "I was like, 'Uh, I don't know, I love him?'"

Dai also had to give up a lifelong dream — she was obsessed with tales of romantic engagements growing up — but she wanted to show her future husband just how serious she was by sacrificing that. "I wasn't just saying yes to him," said Dai, who first bonded with Dimaculangan over their shared Christian faith. "I (was giving) up what I've always dreamed of … I wouldn't do that for anyone else."

Dimaculangan's parents eventually came around when he proposed to her a few weeks later, giving her the custom ring he'd had in the making for months — but it didn't diminish his pride in his now-wife's boldness.

"One person asked me if I felt like less of a man in the relationship," he said. "I feel actually more special and if anything more of a man — that a woman loves me so much that she would go against the grain."

Same-sex proposal

For lesbian couples, a woman proposing isn't revolutionary but it's still a chance to buck tradition.

"One of the things that's great about a same-sex relationship is that the gender roles are not there and you can make up what you want," said Victoria Schwarzl, communications manager of Pride Toronto.

Schwarzl and her now-wife, Emily Herczeg, proposed to one another in a preplanned event back in December 2013. It was a surprise-free decision that gave them the chance to pick out rings together, get their future in-laws blessings and each pop the question.

"The proposing is when the magic really happens and it's that moment where your life changes forever," said Schwarzl, 28. "I think it was really important that we both had that opportunity to tell the other person … these are the reasons why I love you."

TORSTAR NEWS SERVICE

DO'S AND DON'TS FOR PROPOSING

DO

- **Manage your expectations:** While women are often surprised by proposals, a guy might be even more so. Give him a chance to absorb it, acknowledging that he might be knocked off his feet — hopefully in a good way.
- **Hint at it:** Try to sense how your boyfriend might respond. An easy way to gauge his reaction? Toss out this line: "I read this article about women proposing to men!" If he's not into it, that's his prerogative, but it might give you a sense of the kind of man he is.

DON'T

- **Do it for the wrong reasons:** Don't propose as an ultimatum. If you know he's not ready to get married, springing a proposal on him is likely a bad move. Coercion is not romantic.
- **Regret it:** Make sure you're confident in your decision to propose. If you've always fantasized about a man professing his undying love and asking for your hand in marriage, be prepared to forgo that dream.

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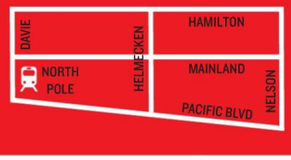

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Don't rely on your instincts alone

DIVERISTY

Social biases form early, not easy to undo, research shows

The next time someone tells you to trust your instincts, consider that your instincts might be racist. If not racist then sexist. If not sexist, then ageist, ableist or homophobic. But more than likely it's a combination of these.

Unconvinced? See for yourself by taking the Implicit Association Test. Created in 1998 by a non-profit research organization, Project Implicit, the free online test has users rapidly associate words like "peace" and "nasty" with names like "Phillippe" and "Akbar" or with silhouettes of fat and thin people.

Once spoofed on an episode of King of the Hill, the ever genteel character Peggy Hill — like most non-cartoon people who've taken the IAT — learned she preferred the company of white people over black people.

Peggy would have just as likely discovered she trusts men over women and thin people over fat people. For Calvin Lai, the project's director of research, the question is no longer whether we can measure our unconscious biases, but whether we can undo them.

The good news: yes.

The bad news: barely.

"The effects are short term," says the Harvard post-doctoral fellow.

Recently, Project Implicit held a contest for a fast and effective method for reducing racial preferences. Research teams from across the globe submitted 17 five-minute interventions, such as placing a single white person on an all-black team against an all white-team.

Another had subjects read a vivid second-person story, in which a white madman kidnaps and nearly kills them until they're rescued by a black man.

We like to think of ourselves as making thoughtful decisions, but we're cognitive misers
Researcher Temple Northrup

Eight of them showed an immediate reduction of bias on the IAT following the intervention. But of those, only one had lasting effects 24 hours later.

One of the study's simplest tests gave subjects a mental "if-then" plan that committed them to "good" thoughts each time they saw a black face. But it was a small bias reduction, admits Lai.

In his years studying unconscious biases, he's surprised only in how difficult it is to get long-term results. "You can take a diversity training program, but after a day, after a week, it's back to baseline."

We're hard-wired to be unconsciously biased with people, says Jacqueline Leighton, a University of Alberta professor and author of Reasoning and Problem Solving.

"It's a much simpler brain task to process information we already know to be true than to process information contrasting what we believe to be true" says Leighton.

To be regularly bombarded with information contradicting our gut instincts would result in mental chaos, a reason we're evolutionarily adapted to seek information that confirms our beliefs.

And yet acknowledging that we have these biases may be the best way to combat them. "We don't even know the full extent of the biases that we walk around with. So if we at least come to the table admitting we're susceptible, we'll be open to programs or questions that interrogate what we already think," adds Leighton.

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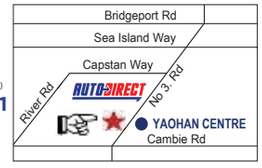

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Having a heart attack at 40 years old

CARDIOVASCULAR HEALTH

Know your risk and talk to your doctor, experts say

Huffing and puffing in a spin class last February, Elana Trainoff began wondering about the strange sensations she'd been experiencing for several days.

The Toronto resident was short of breath and felt like she had heartburn. She joked to a friend about having one of those "female" heart attacks you read about in women's magazines — the ones that last for days, as opposed to the Hollywood-style scene of a man falling to the floor, clutching his chest. But who has a heart attack at 40?

Trainoff brushed it off and went about her business. The next day — a Saturday — she went snowboarding and then headed to a party. She woke up at 4 a.m. with crushing chest pain.

The pain ebbed and flowed for an hour, but Trainoff soon realized something was seriously wrong.

Her partner at the time drove her to the nearest emergency department. Trainoff was hooked up to an electrocardiogram — a test that checks for problems with the electrical activity of your heart — and within minutes, doctors were rushing to save her life.

Trainoff was experiencing a STEMI, or ST-elevation myocardial infarction, a type of heart attack caused by a protracted blockage of blood supply in the heart. In Trainoff's case, that meant a full-blown, potentially deadly heart attack.

"Your life flashes before your eyes in a heartbeat when you think you have heartburn — and then suddenly you're not sure if you're dying," said the now 41-year-old film and television producer.

While Trainoff was caught off guard by her heart attack, she knew she had a degree of risk because of her family history. Her mother has had an angioplasty, three of her four grandparents suffered from heart disease, two of her cousins have undergone quadruple bypasses, and most members of her extended family have diabetes and take medication for high cholesterol and blood pressure.

At 40 years old, Elana Trainoff suffered a STEMI, or ST-elevation myocardial infarction. "Your life flashes before your eyes in a heartbeat," she says. TORSTAR NEWS SERVICE

"I knew that my genetics were working against me, but when you're younger you don't think it'll impact you for awhile," Trainoff says.

But she's not alone in underestimating the potential risks hidden in her genetic makeup.

A recent survey by the Heart and Stroke Foundation found 51 per cent of Canadians are aware they have a family history of heart disease or stroke — but a third haven't visited their doctor to talk about the risks.

It's a staggering number since more than 1.4 million Canadians have heart disease, which is also one of the leading causes of death in Canada, claiming more than 33 thousand lives every year.

Dr. Jacob Udell, a cardiologist at Women's College Hospital and the Peter Munk Cardiac Centre at Toronto General Hospital, says physicians generally don't consider younger patients at high enough risk to routinely screen for high blood pressure.

But, he says, "If those people had a family history we'd be taking that much more seriously."

The key is finding out what, if any, your genetic risk factors are — and bringing that up with your family doctor.

He also recommended using the Heart and Stroke Foundation's Risk Assessment, an online tool that, through a series of confidential questions, helps determine your risk for heart disease and stroke.

If you have a family history, your physician can recommend lifestyle changes and medications, Udell says.

Trainoff quit smoking and started exercising regularly, is eating a healthy, balanced diet and practicing meditation. She is also taking five different medications.

Her advice to others is to take genetic risk factors seriously and make changes early.

"It doesn't matter how old you are," Trainoff says. "I think there's a misconception that heart attacks only happen to old people — but they don't."

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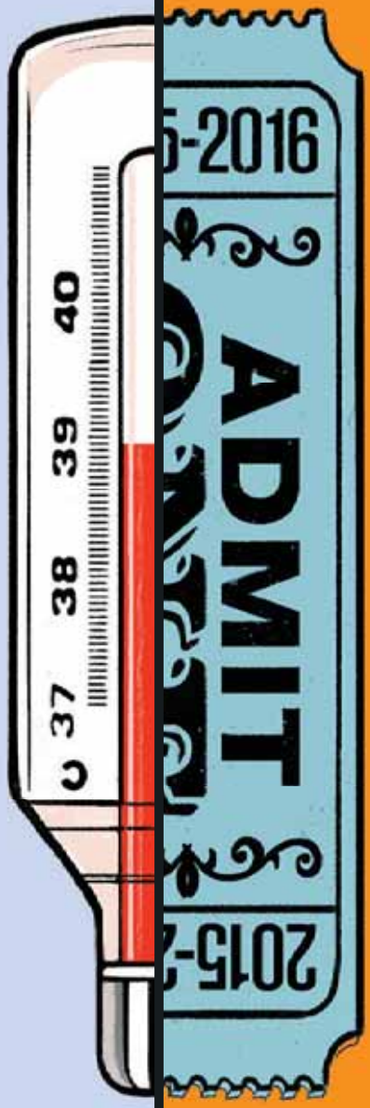

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SHOPPERS DRUG MART

In Saturday's episode of SNL in which Rachel Maddow (Cecily Strong) interviews Hillary Clinton (Kate McKinnon). NBC/SCREENSHOT

JOHANNA SCHNELLER WHAT I'M WATCHING

Hillary-ous SNL impersonations

SATURDAY NIGHT LIVE, NOV. 7 (GLOBAL/NBC)

Hillary Clinton (Kate McKinnon), in a pantsuit and helmet hair, charges in for an interview with Rachel Maddow (Cecily Strong).

"Excuse me while I try to sit casually in this chair," McKinnon says, contorting herself into a tortured "relaxed" pose. Strong asks her, "Introvert or extrovert?" and McKinnon replies, "I'm an extrovert because I love meeting people, and connecting with them, and smiling with them. But I'm an introvert because no, I don't."

McKinnon's Clinton is the best thing about SNL this season. Not because she's an uncanny physical match, the way Tina Fey was for Sarah Palin, but because she has spotted, and plays up, something uncomfortable in Clinton's manner: her desperate desire to appear chill yet in control. McKinnon does that by contrasting a big, forced laugh with crazy/glittering/determined eyes; her Hillary is always an inch away from veering off the rails.

The great SNL political impressions are always about distilling a person to his/her essence: Dana Carvey nailed George H. W. Bush's faux-toughness in the phrase, "Nah gon dewit." Will Ferrell captured George W. Bush's blank-eyed terror. Fey conveyed Palin's utterly unearned self-confidence. When Amy Poehler was doing Clinton (back when she was competing against Obama), Poehler zeroed in on her barely concealed outrage that she wasn't taken seriously.

Clinton, very consciously, has changed her manner for this election, and it's that self-consciousness, that determination to do it better — albeit through gritted teeth — that McKinnon is mining so well. I'm looking forward to a long campaign.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

PROJECT RUNWAY

Junior franchise highlights teen talent

Tim Gunn said he was apprehensive about participating in a bite-size version of Project Runway featuring teen designers.

"I thought," he recalled in a recent interview, "will I have to soft-pedal my critiques? Is it all going to be watered down? Are they going to be emotional wrecks and very fragile?"

Gunn was pleasantly surprised by the freshman class on Project Runway Junior, which premieres Thursday at 9 p.m. EST on Lifetime. The mentor, former educator at the Parsons design school and adult wrangler on the long-running Project Runway called the new show's young contestants lovable, sweet to each other and respectful of the process swirling around them.

"Compared to the designers on a regular season of Runway, these teens... accept responsibility for their actions," Gunn said. "There's never any factor that comes into their interaction with the judges or with me about why this isn't going as well as they had wanted it to go, versus regular Runway when there's nothing but excuses."

That's saying a lot, considering the age range — 13 to 17 — among the 12 contestants from around the country.

Gunn saw bits of his younger self in them all, as did his co-host, model Hannah Davis, and two of the three judges, Christian Siriano and Kelly Osbourne. Aya Kanai. The executive fashion editor at Cosmopolitan and Seventeen magazines, rounds out the judges' crew.

"These young people... are all loners. There's no one like them who comes home from school and plays with a sewing machine," Osbourne said. "They've been put in a room of their peers, with kids just like them, for the first time in their life."

The Dec. 10 episode will feature a video appearance by first lady Michelle Obama to announce a challenge supporting education for girls. Bella Thorne is a guest judge for the final challenge.

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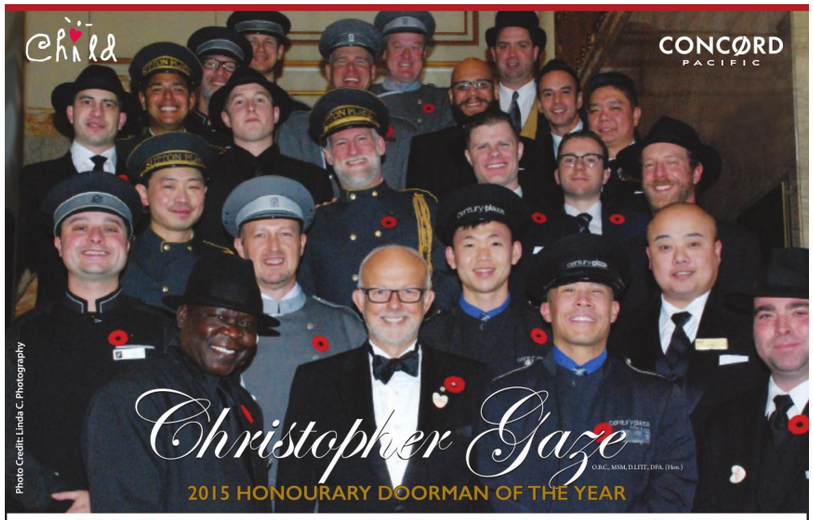

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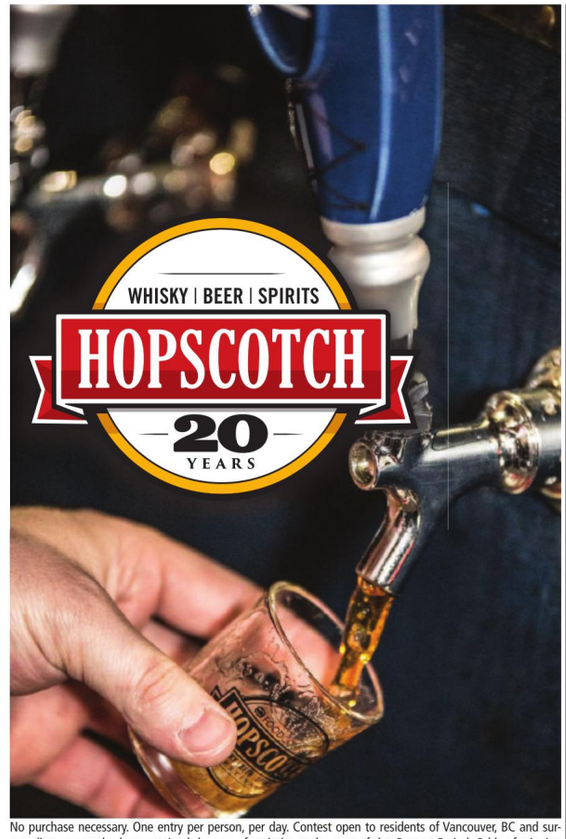

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Researchers say a new diabetes test, which is not yet on the market, would be as easy to use as a pregnancy test. AFP

A diabetes test that's smartphone friendly

RESEARCH

New diagnostic tool can detect disease in saliva

A few days ahead of World Diabetes Day (on Nov. 14), information has been revealed about a new device, currently in the development phase, but which could improve early detection of the condition, particularly in disadvantaged communities.

This new device, which has been developed by a multidisciplinary team from the U.S. and Mexico, has been primarily designed to improve early detection in people on low incomes who do not always have access to healthcare.

Scientists at Tec de Monterrey in Mexico, in partnership with colleagues at the University of Houston, say they have developed a device that is able to detect type 2 diabetes in saliva (or another biological marker).

Avoiding the use of needles, this micro-cartridge that is adaptable to a smartphone tells the user whether they have type 2 diabetes in just a few seconds.

The result is positive if a compound present in saliva reacts by becoming fluorescent. This is made possible by an enzymatic reaction and a technological process adapted to biochemistry.

"We wanted a device which could identify a biomarker in a sample of saliva, and it had to emit fluorescent light so that a phone camera could record it," explained the project coordinator, Dr Marco Antonio Rite Palomares. AFP

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Extreme Pita

Pitas are a fast food fave, with this traditional Mediterranean and Middle Eastern dish found in food courts just as often as burgers and subs. One assumes that it's always a healthier alternative, as we're loading them up with an endless mixture of veggies, protein and zesty sauces. Extreme Pita is a popular choice and, while there are many ways to keep your pita healthy and tasty, not all of these combinations are so nutritious!

PICK THIS	SKIP THIS	HERE'S WHY

Thai Chicken Pita (regular)

Ingredients
Asian slaw, mushroom, red onion, romaine lettuce & Sweet Chili Thai sauce

Calories 410
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Ingredients
Tomatoes, pickles, tabouleh, hummus & garlic sauce

Calories 544
Fat 25g
Saturated fats 4g
Sodium 1611 mg

As much fat as four quarter chickens from Swiss Chalet (skinless, white meat).

Shawarma traditionally consists of marinated strips of chicken, usually the thigh, that when shaved are doused with the fat from the meat. The meat is heavily seasoned, which leads to high sodium levels. Then if you slather your shawarma with hummus and oily garlic sauce, you've got as much fat as four quarter chickens from Swiss Chalet. Instead choose the Thai Chicken Pita, which has 1/5 of the fat, with its lower fat dressing and array of veggies.

PUBLIC TRANSIT

Train, bus may be best, study says

It turns out Justin Trudeau was ahead of the curve when he took the bus to his swearing-in earlier this month. Taking the bus or train to work may be healthier than walking, according to a new study published Sunday by the American Heart Association.

"Bus/train commuters had even lower rates of diabetes, high blood pressure and overweight than the walkers or bikers," according to the findings, which were presented at the AHA's Scientific Sessions 2015 meeting this weekend.

The study, which was conducted in Japan, found that compared to drivers, public transport riders were 44 per cent less likely to be overweight, 27 per cent less likely to have high blood pressure and 34 per cent less likely to have diabetes. In a counterintuitive result, improved health was also seen in comparison with walkers and bikers, researchers said. They suggested that one explanation could be that commuters actually walked farther to and from the train or bus station than people who biked or walked to and from work. AFP

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5 ADVENT CALENDARS FOR THE DECEMBER COUNTDOWN

Ah, the advent calendar. This Christian tradition for counting down the days until Christmas is now more of a secular pursuit, aimed to increase the anticipation for Dec. 25. And it's moved beyond flimsy cutout doors revealing cardboard tasting chocolates. This year's lineup of treats gets a little more sophisticated — from short stories to high-end whisky. TORSTAR NEWS SERVICE/METRO

1 The Whisky Advent Calendar

What better way to get ready for multiple familial engagements than by taking a daily shot of whisky? As you count down to Dec. 25, you'll encounter a rare 50-year-old Scotch, an award-winning Japanese whisky and the World's Best Blended Whisky. Some of these samples are worth over $700 a bottle! **Price:** $250. **Available at:** masterofmalt.com

2 Short Story

Voracious readers will love this collection of two dozen short stories from writers across North America, including Pasha Malla, Jess Walter, Richard Van Camp and Heather O'Neill. Each chapbook is sealed, so every story is a surprise. Orders accepted until Nov. 13. **Price:** $50 **Available at:** shortstoryadventcalendar.com

3 Ciaté London Mini Mani Month

Sure, no one has time to change their nail polish every day, but you could with this 24-piece set of nail goodies from Ciaté London. This calendar features miniature nail polish in a variety of shades and glittery finishes, a nail file and other treatments. **Price:** $71 **Available at:** sephora.com

4 David's Tea 24 Days of Tea

If curling up with a cup of tea is the ideal winter activity, this will warm the heart. Each of the 24 drawers features a tin of David's Tea classic and festive flavours, including mulled wine, gingerbread cookie and banana nut bread. Available in stores and online. Allow three to four business days for delivery. **Price:** $40 **Available at:** davidstea.com

5 Lego Star Wars

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metro SPORTS

Denver Broncos' Aqib Talib banned for one game for poking Colts' Dwayne Allen in the eye during Sunday's NFL game

Whitecaps need to address their obvious lack of goals

MLS

Team shut out in both legs of its semifinal with Timbers

Cam Tucker
Metro | Vancouver

Perhaps as time passes and wounds of a disappointing playoff loss heal, the Vancouver Whitecaps will look upon this season in a more positive light.

They won their first-ever Voyageurs Cup. They competed for the first time in the CONCACAF Champions League and will do so again next year. They finished second in the Western Conference standings. They had three members of their club — goalkeeper David Ousted, coach Carl Robinson and defender Kendall Waston — nominated for Major League Soccer awards. They hosted a home playoff game, with an announced crowd of more than 27,800 fans.

And that's about where it all came tumbling down — on their home turf.

The fortress of BC Place Stadium overrun Sunday by the Portland Timbers in a game the Whitecaps needed to win to advance to the conference final.

Designated player Octavio Rivero GETTY IMAGES

"There's a lot of positives, as I've said, they're disappointed … because the fans out there were fantastic," said Robinson shortly after the loss.

"But that gives us a little taste … of what we can do if we continue to build and continue to get positive results."

Monday, less than 24 hours after the 2-0 loss to Portland that ended the Whitecaps' season, the sting of such a disappointing performance lingered.

The Whitecaps didn't score in the two-leg semifinal.

Lack of scoring had been a problem brewing since late August and it culminated with devastating consequences.

Last winter, the Whitecaps celebrated with palpable hype the acquisition of striker Octavio Rivero as a designated player. It was no coincidence the club announced his signing bright and early Christmas morning.

Now 23 years old, Rivero impressed early, scoring five times in his first six games. He scored only five times in 28 games after that, while collecting $890,850 in guaranteed compensation, according to the MLS Players' Union.

Do the Whitecaps look to add another scorer before the start of the 2016 season?

It speaks volumes of Vancouver's struggles that veteran centre back Pa-Modou Kah finished fifth on the team alongside Darren Mattocks in goals with three.

Beyond Rivero's 10 goals, the Whitecaps didn't have one other player reach double digits in scoring in MLS competition. They didn't have that one player that could completely change a game with natural scoring ability.

The most overwhelming evidence of that came Sunday — at the worst possible time.

NEWS

Vieira to coach NYCFC

Former French star Patrick Vieira was hired Monday to coach New York City FC, one week after the Major League Soccer club fired Jason Kreis.

He takes over a club that went 10-17-7 for 37 points in its debut season. NYCFC finished eighth in the Eastern Conference. It was in a three-way tie for the second-fewest points.

Vieira signed a three-year contract and will begin work New Year's Day. THE ASSOCIATED PRESS

Portland Timbers FC Fanendo Adi, left, celebrates his goal past Vancouver Whitecaps goalkeeper David Ousted during semifinal action. JONATHAN HAYWARD/THE ASSOCIATED PRESS

MLB

Donaldson voted top player by his peers

Toronto Blue Jays third baseman Josh Donaldson was voted major league player of the year and AL outstanding player in the annual Players Choice Awards, and Washington slugger Bryce Harper was picked as the NL outstanding player.

Baltimore outfielder Adam Jones won the Marvin Miller man of the year award, given to a player who most inspires others through his efforts on and off the field. Jones hosted a clinic for inner city youth after unrest in Baltimore this year and assists the James Mosher Little League, the YMCA of Central Maryland, the Boys and Girls Club of Baltimore and Reviving Baseball in the Inner Cities.

Josh Donaldson GETTY IMAGES

Houston ace Dallas Keuchel was voted the AL's outstanding pitcher, and Los Angeles Dodgers right-hander Zack Greinke the NL's outstanding pitcher. Astros shortstop Carlos Correa and Chicago Cubs third baseman Kris Bryant were the top rookies, while Texas slugger Prince Fielder and New York Mets pitcher Matt Harvey were the top comeback players. THE ASSOCIATED PRESS

CFL

Leos aim to fix kicking game against Stamps

As the B.C. Lions head into the playoffs, one aspect of their game should still raise particular concern heading into the West Division semifinal versus the Calgary Stampeders on Sunday.

This late in the season, the Lions are still searching for consistency in their kicking game. They've gone with first-year international kicker Richie Leone all season, with the exception of one game, following training camp, when B.C. released 23-year veteran Paul McCallum.

Leone's thunderous right foot was the reason he led the league in punting, averaging 49.5 yards per punt, but he made only 30 of 39 field-goal attempts and struggled at single-point conversions, missing 11 attempts from the new location of 32 yards out.

Last week, with the Lions preparing for a game that didn't mean anything in the standings, back-up American kicker Anthony Fera took the reps and got the start against Calgary in the season finale on Saturday.

Fera didn't fare much better. He made two field goals on four attempts in his debut — his longest from an impressive 49 yards.

> **"It will be a good competition this week with that position."**
> B.C. Lions head coach Jeff Tedford

He also missed from 31 yards out and didn't get an opportunity to try a single-point convert because the Lions never reached the end zone.

Head coach Jeff Tedford, speaking to reporters after the game, praised Fera for his performance punting the ball. Like Leone, Fera averaged 49.5 yards per punt. But kicking field goals proved again to be a concern, with the practice week beginning Tuesday.

"The field goal kicking is something we were looking to be a little more solid there," said Tedford. "So it will be a good competition this week with that position."

CAM TUCKER/METRO

JUNIOR HOCKEY

Fired Flint Firebirds' coaches reinstated after owner admits 'mistake'

The owner of the Flint Firebirds junior hockey team has apologized for firing his coaching staff over the weekend, saying he made an "irresponsible mistake."

Rolf Nilsen says in a statement that the team took immediate steps today to reinstate the coaches after every member of the team handed in his jersey and quit in protest on Sunday.

According to multiple reports, Nilsen fired head coach John Gruden and assistants Dave Karpa and Petr Jonak because his son — defenceman Hakon Nilsen — was not receiving enough playing time. Ontario Hockey League commissioner David Branch travelled to Flint today to meet with all parties. Nilsen says the team is fully cooperating with the league.

The Firebirds moved to Flint this season after an 18-year run in nearby Plymouth, Mich. THE CANADIAN PRESS

Russia accused of covering up widespread doping

TRACK AND FIELD

WADA findings could result in Olympic ban for sports giant

Russia's status as a sports superpower and its participation in track and field events at next year's Olympics came under threat Monday after a report accused the Russians of widespread, state-supported doping reminiscent of the darkest days of cheating by the former East Germany.

The findings by a commission set up by the World Anti-Doping Agency were far more damaging than expected. It means that two of the world's most popular sports — soccer and track and field — are now mired in scandals that could destroy their reputations. The WADA investigation's findings that Russian government officials must have known about doping and coverups, with even its intelligence service, the FSB, allegedly involved, threatened to severely tarnish President Vladimir Putin's use of sports to improve his country's global standing.

Russia hosted the last Winter Olympics in Sochi in 2014 and will hold the next World Cup in 2018. "It's worse than we thought," said Dick Pound, an International Olympic Committee veteran who chaired the WADA probe. "It may be a residue of the old Soviet Union system."

Canadian Dick Pound, chairman of WADA's Independent Commission, presents the findings of his Commission's Report surrounding allegations of doping in sport on Monday.
SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

The 323-page report said that in Russia, "acceptance of cheating at all levels is widespread." Among its findings:

- Moscow testing laboratory director Grigory Rodchenkov ordered the "intentional and malicious destruction" of 1,417 doping control samples to deny evidence for the investigation.
- FSB agents regularly visited the lab, routinely questioned its staff and told some of them not to co-operate with WADA as part of "direct intimidation and interference by the Russian state" with the lab's work.
- FSB agents even infiltrated Russia's anti-doping work at the Sochi Olympics. One witness told the inquiry that "in Sochi, we had some guys pretending to be engineers in the lab, but actually they were from the Federal Security Service."
- "Widespread inaction" by track and field's governing body, the International Association of Athletics Federations, and Russian authorities allowed athletes suspected of doping to continue competing.

The WADA commission recommended that WADA declare the Russian athletics federation "noncompliant" with the global anti-doping code, and that the IAAF suspend the federation from competition.

The IAAF responded by saying it will consider sanctions against Russia, including a possible suspension that would ban Russian track and field athletes from international competition, including the Summer Olympics in Rio de Janeiro. IAAF President Sebastian Coe gave the Russian federation until the end of the week to respond.

"If they are suspended — and it sounds like the IAAF is moving in that direction already — and they are still suspended, at the time of Rio, there will be no Russian track and field athletes there," Pound said.

He added that Russia's doping could be called state-sponsored. "They would certainly have known," Pound said."

Russian Sports Minister Vitaly Mutko, whose ministry was accused by the WADA probe of giving orders to tamper with anti-doping tests, insisted Russia's problems are no worse than in other countries. Russia is being persecuted, he said, telling Interfax: "Whatever we do, everything is bad."

He threatened to cut all government funding for anti-doping work, saying "if we have to close this whole system, we would be happy to" because "we will only save money."

Mutko denied any wrongdoing to the WADA panel, including knowledge of athletes being blackmailed and FSB interference. Pound said Mutko must have known.

THE ASSOCIATED PRESS

CANADA'S REACTION

Drug cheats robbed runner Stellingwerff of final place

It was a moment stolen from Hilary Stellingwerff. The Canadian missed qualifying for the women's 1,500-metre final at the 2012 London Olympics by just one spot — a final that, as it turns out, was full of drug cheats.

Since those Games, three of the finalists — including the gold medallist — have been disqualified for doping infractions. And Russia's fourth-place finisher Tatyana Tomashova had already served a doping suspension.

And while the World Anti-Doping Association's report Monday of doping and coverups is another black mark on the sport, Athletics Canada's head coach Peter Eriksson said it's good news for Canada. "Because we're not a country that cheats, we're a country that can stand up through all of this fog and say 'Look at us, we're a clean country, we're doing X, Y and Z,"' Eriksson said.

THE CANADIAN PRESS

HOCKEY

Pronger sees NHL safety from the other side

Chris Pronger took more than a few physical liberties with opponents during his playing career. Intimidation was part of what made the big defenceman a Hockey Hall of Famer.

On the wrong side of the law eight times, Pronger had an "open-ended budget" for fines and suspensions.

That's his past. Now years removed from it, the bespectacled Pronger gives off the aura of a studious executive as he continues his work in the NHL's department of player safety.

Being an executive is Pronger's future, just as it was for previous Hall of Fame inductees Brendan Shanahan and Rob Blake. Pronger was once the subject of trouble and now joked that he's the "hall monitor."

"I'm learning an awful lot not only on the player safety side — I get to go to the GMs meetings and the board of governors meetings and kind of be a fly on the wall," Pronger said. "It's been a great opportunity to kind of learn the business side of the game."

Post-concussion syndrome ended Pronger's career in the fall of 2011 after he took a stick in the eye. He's still under contract through the end of the 2016-17 season and is on the Arizona Coyotes' roster after the Philadelphia Flyers traded his contract last summer. THE CANADIAN PRESS

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RECIPE Lemon Thyme Spatchcock Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Spatchcock is a butchering method that removes the backbone so the bird can be flattened; allowing for a more even roasting and, the best part, less cook time. A butcher can remove the bone or try one of the great online videos demonstrating this easy method.

Ready in
Prep time: 15 minutes
Cook time: 40 minutes
Serves 6

Ingredients
- 1 spatchcock Chicken
- 1/4 cup extra virgin olive oil
- Juice of one lemon
- 1 Tbsp dried thyme
- 1 tsp oregano
- Salt and pepper
- 1 lb new potatoes, halved
- 1 bulb of garlic, cloves peeled
- 1 Tbsp olive oil

Directions
1. Preheat oven to 425 F.
2. In a small bowl, whisk olive oil, lemon juice, thyme and oregano. Place chicken breast side up on a large roasting pan and brush herb mixture over the entire surface of the chicken. Season with 1 Tbsp salt and 1/2 tsp pepper.
3. Meanwhile, in a large bowl, toss potatoes, garlic cloves, oil and 1/2 tsp salt. Scatter the potatoes and garlic around the body of the chicken in a single layer.
4. Roast in the oven for 40 to 45 minutes, or until a thermometer inserted into the thickest portion of the breast reaches 165 F. Remove chicken from oven and let rest for 10 minutes. Carve and serve with potatoes and a salad.

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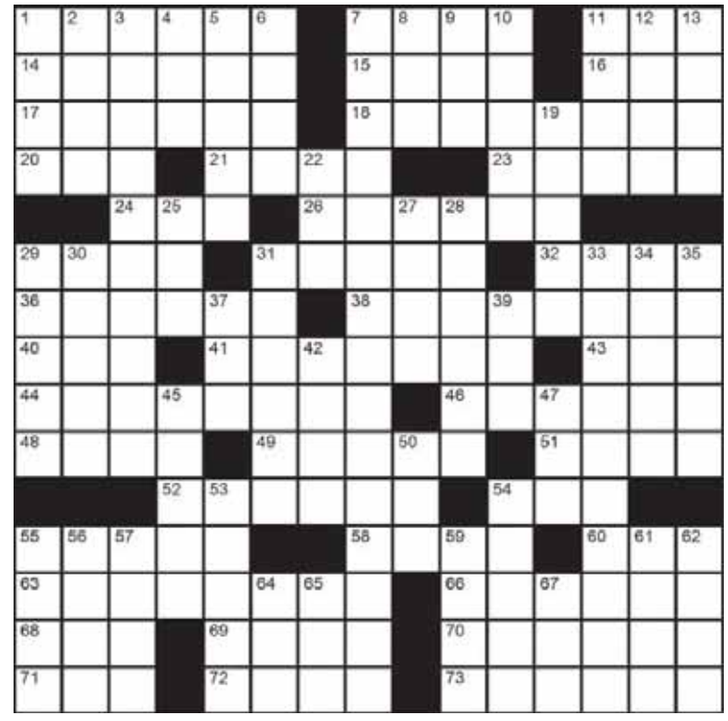
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hindu festival of lights
7. Sotheby's offers
11. Suitcase
14. Leisurely music tempo
15. CNN's "__ Burnett OutFront"
16. Mozart opera, L'__ del Cairo
17. Discover
18. Lighting for Austin Powers: 2 wds.
20. Mailing encl.
21. Mr. Malden
23. Celebrations
24. Real estate abbreviation
26. Atomic Number 56
29. Batman's butler's namesakes, shortened
31. __ mignon (Steakhouse order)
32. Drop
36. Winnipeg-born actress Ms. Durbin
38. Cape Breton Island: 'Gateway to the Highlands' area on the Cabot Trail
40. Feel yucky
41. In ancient Greek mythology, hunter who got turned into a hunted-by-hounds stag
43. Feminine pronoun
44. Magician's creation
46. Scottish recording artist Sheena
48. Carpentry tool
49. Comic actor Mr. Johnson's
51. River islets
52. Recently: 2 wds.
54. Corporate executives, e.g.
55. The Great Wall of __
58. Prefix meaning 'Wine'
60. Visited
63. Shaw media specialty channel that airs classic TV shows
66. "Let's Wait __" by Janet Jackson
68. Twi'__ (Humanoid species in the 'Star Wars' universe)
69. 'Persist' suffix
70. Like a leaf or marble
71. Chicago's li'l state
72. Hershey's chocolate/toffee bar
73. "C'mon Everybody" rocker Mr. Cochran's

DOWN
1. Fathers, to kids
2. Brain wave
3. Hamilton = City of __
4. "The __ of Adaline" (2015)
5. Phrasings in jazz improv
6. Shred
7. Free-standing telecommunications structure in Moncton: 3 wds.
8. "__ & Abby" (2006) starring Chris Messina
9. Segment [abbr.]
10. Confusion-causing mess
11. Ship
12. Highest point
13. Spaces
19. Clunky car
22. MLB statistic
25. Butterfly logo co.
27. __-Levesque (Boulevard in Montreal)
28. "__ __ without saying..."
29. Soaps actress Deborah
30. Priestess in Georges Bizet opera The Pearl Fishers
31. Spa treatment
33. Cree Nation in Quebec which is home to the province's largest freshwater lake
34. "The Kid __ __ Tonite" by Loverboy
35. And so, plurally
37. 'Street's Disciple' rapper
39. __ _ whim
42. Afghanistan's __ Bora
45. Once __ _ time
47. Tree's treat
50. Shoe width
53. Most liked things, fun-style
54. Pledged
55. Nero's 451
56. Scoundrel
57. Alphabetic quartet
59. Place for pews
61. Sailor's sheltered side
62. Ties the knot
64. Pen's blue stuff
65. Green
67. Concealed

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be tempted to kick up a fuss because someone has let you down. Is it worth the effort? Life is an ordeal only if you make it one.

Taurus April 21 - May 21
It is easy to point out the flaws in another person's belief system but does it make a difference? Probably not. Some people can be incredibly stubborn (look in the mirror!) so don't waste time or energy on them.

Gemini May 22 - June 21
You may be tempted to play things by ear today but the planets warn you are likely to regret it. You will do best if you have a specific aim and a workable plan that will get you from A to B by the shortest route.

Cancer June 22 - July 23
Do you tell a friend what they want to hear or what they need to hear? It's best to get bad news over with quickly. Don't worry too much about their feelings — they'll get over it.

Leo July 24 - Aug. 23
Try so hard to make a good impression and you could end up turning people against you. Don't pretend to be someone you are not because others will see through your act.

Virgo Aug. 24 - Sept. 23
You don't have to try too hard but you do have to make some sort of an effort. Where money is concerned you should check each and every detail twice, because errors could have costly consequences.

Libra Sept. 24 - Oct. 23
Your confidence may be high these days but don't take things for granted. It's a great time to make plans but remember to be flexible — even the best laid plans can change at the last moment.

Scorpio Oct. 24 - Nov. 22
Don't trust the person who tries to convince you that you owe them in some way. You feel good about life but that does not mean you have to give what you own away.

Sagittarius Nov. 23 - Dec. 21
There are things going on behind the scenes that you won't know about until later in the month. You are still moving in the right direction, so take life as it comes.

Capricorn Dec. 22 - Jan. 20
The more people say you should trust them the more you should be on guard. It is unlikely they are deliberately trying to mislead you but they themselves may have been misled.

Aquarius Jan. 21 - Feb. 19
Lady Luck will come knocking and you should grab what she has to offer with both hands. You may be tempted to wait for a better deal but what if it doesn't come?

Pisces Feb. 20 - March 20
The more time and energy you have put into something the more reluctant you will be to give up on it but the break needs to be made. Clear a space in your life and something better will come to fill it.

CONCEPTIS SUDOKU by Dave Green

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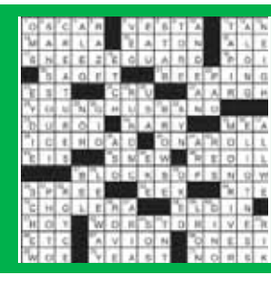

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